



Physical Therapy Conversations

Topics to inform and educate you

➤ **November 15 – What is the difference between a strain and a sprain?**

➤ **December 20- Bursitis – what is it and how we can treat it.**

➤ **January 17 – Shoulder impingement and spinal stenosis – how they are alike and how to manage.**

Ron Agostini, our speaker, is a Physical Therapist from Mystic Physical Therapy Associates. He graduated from Quinnipiac University and has been in practice for 26 years. He has extensive training in manual (hands on) therapy.

Groton Senior Center
1:00 to 2:00 PM
Classroom C

☐ **YES! I'm interested!**

Please return to:

Groton Senior Center
or call office for
reservations at
860-441-6785

I would like to come to:

Nov 15 _____

Dec 20 _____

Jan 17 _____

Name: _____

Address: _____

Phone: _____

Email: _____

Other: _____